

## THE CLAIMS

What is claimed is:

5        1. A balanced powder composition for adding to food comprising at least one fat or oil source, at least one carbohydrate source, and at least one protein source, wherein the energetic amount of protein is between about 20% and 30%, the energetic amount of fat or oil is between about 40% and 50%, and the energetic amount of carbohydrate is between about 25% and 35%.

10

2. The balanced powder composition of claim 1, further comprising an emulsifier, wherein the carbohydrate source comprises maltodextrin, the fat or oil source comprises canola oil, and the protein source comprises whey protein, casein, a casein salt, or a mixture thereof.

15

3. The balanced powder composition of claim 1, wherein the powder composition is substantially devoid of flavor.

20        4. A method of manufacturing a balanced powder composition for adding to food comprising:

admixing between about 0.8 and 1.2 parts fat or oil, between about 1.5 and 2 parts carbohydrate, between about 1.2 and 1.6 parts protein, between about 0.01 and 0.03 parts emulsifier, and between about 1.1 and about 1.7 parts water to form a mixture;

25        heating the mixture to between about 70°C and about 85°C;

homogenizing the mixture; and

drying the mixture to form a free flowing powder.

30        5. The method of claim 4, wherein the powder is substantially devoid of flavor and does not impart a taste when admixed with another food.

30

6. The method of claim 4 wherein the carbohydrate source comprises maltodextrin, the fat or oil source comprises canola oil, and the protein source comprises whey protein, casein, a casein salt, or a mixture thereof.

5        7. A method of enhancing the nutritional value of a food without affecting the taste of the food, which comprises providing a powder composition of neutral flavor comprising at least one fat or oil source, at least one carbohydrate source and at least one protein source; and adding the powder composition to a food, wherein the powder composition does not change the flavor of the food.

10

8. The method of claim 7, wherein the food is a soup, a gravy, a vegetable, a meat, cooked potatoes, or liquid coffee.

9. The method of claim 7, wherein the food is milk, ice-cream, or a beverage.

15

10. The method of claim 7, wherein powder composition further comprises an emulsifier, and wherein the carbohydrate source is maltodextrin.

11. The method of claim 7, wherein the fat or oil source is selected from the group consisting of soy oil, corn oil, rapeseed oil, sunflower oil, palmolein, or a mixture thereof.

20

12. The method of claim 7, wherein the fat or oil source consists substantially of canola oil.

25

13. The method of claim 7, wherein the carbohydrate source is maltodextrin, and wherein the one fat or oil source is milk fat.

14. The method of claim 7, wherein the carbohydrate source is maltodextrin, the one fat or oil source is milk fat, wherein the protein is taken from the group consisting of whey protein, casein, a casein salt and a mixture thereof.

30

15. The method of claim 7, wherein the energetic amount of protein is between about 20% and 30%, the energetic amount of fat or oil is between about 40% and 50%, and the energetic amount of carbohydrate is between about 25% and 35%.

5

16. The method of claim 7, wherein the energetic amount of protein is between about 23% and 27%, the energetic amount of fat or oil is between about 43% and 47%, and the energetic amount of carbohydrate is between about 28% and 32%.

10 17. The method of claim 7, wherein the energetic amount of protein is about 25%, the energetic amount of fat or oil is about 45%, and the energetic amount of carbohydrate is about 30%.

15 18. The method of claim 7, wherein the composition is packed in dosages of between about 10 grams to about 20 grams.

19. The method of claim 7, wherein the composition further comprises a prebiotic, a flavor enhancer, a thickener, or a combination thereof.

20 20. The method of claim 7, wherein the composition further comprises vitamins, minerals, micronutrients, antioxidants, or a combination thereof.

25 21. The method of claim 7, wherein the protein comprises whey, casein, casein salt, or a mixture thereof, the carbohydrate comprises corn syrup, and the oil comprises canola oil.

22. The method of claim 7, wherein the step of providing the method of powder composition of neutral flavor comprises:

30 admixing between about 0.8 and 1.2 parts fat or oil, between about 1.5 and 2 parts carbohydrate, between about 1.2 and 1.6 parts protein, between about 0.01 and 0.03 parts emulsifier, and between about 1.1 and about 1.7 parts water to form a mixture;

heating the mixture to between about 70° C and about 85° C;  
homogenizing the mixture; and  
drying the mixture to form a free flowing powder.